



Pediatric Clinic
PATIENT EDUCATION HANDOUTS
DIETARY MIGRAINE TRIGGERS

Some food components or additives that may trigger migraine headaches:

Tyramine

Aged or processed cheese* (American, Velveeta, cottage cheese, and cream cheese are okay), chocolate, cola drinks, cocoa, pickled herring, yogurt, liver.

Caffeine

Coffee, tea, caffeine containing soft drinks, chocolate, cocoa.

Nitrate

Preservatives found in ham*, bacon*, sausage*, lunch meats*, weiners*.

Monosodium Glutamate

Flavor enhancer found in commercially prepared foods (i.e., boil-in-bag meals*, Chinese foods*, rice and stuffing mixes*).

Excess Salt in Food

Table or seasoning salt, canned soups, vegetables, salted crackers, salted potato chips, pretzels, sauerkraut, olives, pickles, condiments (catsup, mustard, worcestershire sauce, barbeque sauce, chili sauce, soy sauce, tartar sauce), salad dressings, tomato sauce, pizza.

Alcohol

Especially beer and wine.

*Usually also high in salt content

Foods That May Trigger Migraine:

nuts (peanuts and peanut butter are okay), fresh pineapple bananas (especially when cooked), onions, nutrasweet (especially in large amounts)

Remember:

Often what triggers a migraine is large servings of the above foods eaten on an empty stomach.

Important: The migraine sufferer should eat regular, well balanced meals. In addition, small snacks between meals may be helpful.